Upcoming Event
Annual Tailgate Party!

Nov. 1, 2014 from 11am - 4pm*

We're expecting nearly 150 attendees. See you this Saturday!

*Click here for event details.

New Musculoskeletal Research Labs at Columbia

Revolutionary Carroll Laboratories to be Unveiled

The new Robert E. Carroll, M.D. and Jane Chace Carroll Laboratories for Orthopedic Surgery will be officially unveiled on November 5, 2014 at 4:30 pm in a ribbon-cutting ceremony.

Realized through the benevolence of Mrs. Jane Chace Carroll, these state-of-the-art musculoskeletal research laboratories will be a cornerstone for cutting-edge research and innovation in orthopedics.

A Message from the Chairman
William N. Levine

July 1, 2014: My first day in the new job as Chair of NYOH/Columbia. The last 4 months have been a whirlwind to be sure. We’ve welcomed our newest additions to the NYOH family - Drs. Roshan Shan and T. Sean Lynch. Both of their practices are getting off to a fast and successful start. We’ve said goodbye to the recently retired Chris Michelsen and, of course, wished him well in his latest endeavor - being a professional grandfather! Our faculty are all digging in and firing on all cylinders and the future of the department is very bright.

We are excited about the upcoming ribbon-cutting ceremony as we open the new Robert and Jane Chase Carroll Orthopedic Laboratory on November 5, 2014. This generous gift from Jane will forever memorialize Dr. Carroll’s contributions to NYOH. We are actively recruiting several high-profile faculty members and hope to report on the successful recruitment in our subsequent alumni newsletters.

We are introducing a new segment highlighting a specific alumnus called “Alumni Spotlight” and can think of no one more deserving to be the “leadoff hitter” than Beth Shubin Stein, MD. Beth has always been an outstanding mentor to our residents, even as her own practice has blossomed. As one of the country’s preeminent sports medicine surgeons with specific expertise in management of the patellofemoral joint, Beth is a role model bar none and we are thrilled to acknowledge her myriad achievements.

Finally, I would encourage all of you to stay engaged with our department -- my phone is always on and my door is always open and all ideas and suggestions are welcome. Please take a moment to reconnect below with the new feature promised in my inaugural newsletter - “forMD.”

Thank you all for you generosity of spirit and support.

All the best,
wnl

Reconnect
We’ve created an online community for NYOH/Columbia Ortho alumni. Sign up today so you can share personal news as
research labs are named after the visionary orthopedic surgeon Robert Ernst Carroll.

In his 40 years as a gifted hand surgeon, outstanding teacher, and prudent mentor at NewYork-Presbyterian (NYP) / Columbia University Medical Center (CUMC), Dr. Carroll established the world’s first hand service in a civilian hospital in 1949 and created the nation’s first full-year hand training fellowship in 1958.

He remained a devoted friend and patron throughout his esteemed life. Dr. Carroll formed the Orthopaedic Science and Research Foundation (OSRF) in 1996 to promote research that would ultimately improve patient treatments and outcomes. OSRF seed funding has enabled our clinician-scientists to secure grant awards from government, foundation, and industry sponsors.

As musculoskeletal disorders are currently the nation’s leading cause of disability, the field of musculoskeletal research is at a critical juncture for meeting the health needs of patients.

The Robert E. Carroll, M.D. and Jane Chace Carroll Laboratories will provide an environment conducive to scientific and clinical collaboration across departments and specialties focused on advancing musculoskeletal research and clinical care. The Carroll Laboratories will foster an interactive atmosphere where clinicians, scientists, post-doctoral research fellows, residents, and students exchange ideas and develop novel concepts. Collectively, our scientists, clinicians, and engineers will strive to advance knowledge in the areas of bone biology, bone mechanics, tissue regeneration, and bone disease processes. Collaboratively, our goal is to translate new insights from bench to bedside with resolutions that ultimately will impact the diagnosis, treatment and quality of life well as information about complex clinical cases in a secure, HIPAA-compliant environment.

To activate your secure account, simply click on the invitation link in the email we sent on October 23rd at around 2:30 pm. If you can’t locate this email or encounter technical difficulties, contact info@formd.com

Have news? Share it with us! Contact Kathryn Gerlach at 212-305-5974 or kg2594@columbia.edu

Alumni Spotlight: Beth Shubin Stein, MD

Every NYOH/Columbia newsletter will showcase a featured alumnus. For this issue, our chairman, Dr. Levine, interviewed Dr. Beth Shubin Stein, an Associate Attending Orthopedic Surgeon and a member of the Sports Medicine and Shoulder Service at the Hospital for Special Surgery in NYC. She is an expert on arthroscopic and reconstructive surgery of the shoulder and knee.

Levine: What year did you graduate?


Levine: What year did you graduate?

Shubin Stein: I did my sports medicine & shoulder fellowship at Hospital for Special Surgery from 2001-2002 and was offered a faculty position by Russ Warren at the end of the year. Dr. Warren didn’t dilly dally during cases, he either discussed the research you were supposed to be doing, the case at hand and how to do it better, or your career goals over the 5 years after your fellowship. This was extremely helpful for me as a fellow because it forced me to focus and to put my thoughts into words. Dr. Warren discussed my interest in women’s sports injuries and in the then wide-open field of patellofemoral disease and helped me to make the connection between the two. I realized, with his help, that this was an area that little was known about. At Dr. Warren’s recommendation, I spent the year after my fellowship going up to UCONN on a regular basis to spend time in the clinic and the OR with Dr. John Fulkerson to learn his approach to this very difficult problem. Because of this tremendous opportunity, I was able to begin to teach these principles to our residents and fellows and also to focus my practice on patellofemoral pathology. During the first 5 years of my practice I mainly focused on building my patellofemoral practice and getting technically proficient at the various surgeries needed to treat this patient population. I began to see where the deficiencies were in what we knew and what we had available to treat these patients and used that to focus my research efforts on helping to solve these problems.

Levine: Share your experience as the AOSSM Program Chair.

Shubin Stein: In 2011, Jo Hannafin called me after being nominated to the AOSSM presidential line and asked if I would be her program chair. I had no idea of the amount of time and effort this job would take but I couldn’t have been more grateful for the opportunity and the challenge. The program chair is a 5 year commitment - 2 years of preparation and helping the current program chair to design their program, 1 year of designing your specialty day and Annual Meeting program and then 2 years of being the senior member and helping the incoming chairs with their meetings. With this experience I
for musculoskeletal patients.

The cultivation of an avant-garde musculoskeletal center at NYP/CUMC will revolutionize musculoskeletal science and medicine. The Robert E. Carroll, M.D. and Jane Chace Carroll Laboratories will serve as a central stage for the integration of musculoskeletal basic science, translational research, clinical trials, and clinical care.

Event Recap

100 Years of Scoliosis Spine Surgery

Russell A. Hibbs (1869-1932)

One hundred years ago, Russell A. Hibbs performed the first scoliosis spine fusion at the old New York Orthopedic Hospital. On Sept. 28th, spine surgeons from across the country helped Columbia Orthopedics celebrate this significant anniversary.

Columbia Orthopedics in the Spotlight

- Michael G. Vitale, MD, was featured in a NY Daily News article for pioneering the use of MAGEC, a magnetic device that progressively lengthens the spine without the need for multiple follow-up surgeries.

learned an incredible amount about the society and what it takes to put on these meetings. I also had the opportunity to see first-hand how important the mission of education of our members is. I now better understand the imperative to teach our residents and fellows and to continue to teach and to learn as we evolve in our practices.

Levine: What are your favorite NYOH/Columbia memories?

Shubin Stein: I loved my 5 years at NYOH. I remember the camaraderie I had with my class (my very, very large class of 101). I remember being up all night in the ER and the Peds ER as a PG-3, in the springtime when fractures abounded, and being exhausted, but very excited, to put up all my x-rays the next morning and show what I had accomplished (sometimes the attendings were not as excited as I was by what I had done...and that fell under the category of a slightly more difficult process but none the less a learning experience).

I particularly remember an all-resident dinner with Christian Gerber, an esteemed shoulder surgeon, the night before his grand rounds. We were trying to be on our best behavior when one of my co-residents asked, ‘Dr. Gerber…..do you yodel?’ If you knew her you’d understand that she was completely serious and we all waited with bated breath as Dr. Gerber responded... ‘Only after a little more wine.’ And finally, NYOH is where I met my husband, Christopher Ahmad, who has always been my biggest supporter and who has always inspired me to reach higher and never stop learning.

Levine: Share your thoughts on how you have managed to balance a successful orthopedics career with a successful family.

Shubin Stein: For the last 4 years I have run an ‘Introduction to Orthopedics’ for first and second year tri-state medical students where we discuss the benefits of orthopedics as a career for women. My friends in medical school were scared away from surgery and surgical subspecialties by the misconception that one couldn’t have both a surgical career and a family. What I have found is that this is a common and completely unfounded myth. In fact, I believe it is far easier to be a mom and an orthopedic surgeon than a mom and a primary care doctor or a mom and a pediatrician. The unfortunate truth is that in medicine, procedure-based specialties give women more autonomy over their schedules since they can earn the majority of their reimbursement on certain days and so they are not obligated to see patients 5 days a week in order to ‘get by’. Because Orthopedics is a lucrative field we can make significantly more than we pay the caregivers for our children. This is not true for many of the non-surgical specialties, making the decision to go to work every day just to pay for childcare very challenging and often forcing women to leave these fields to raise their children because it doesn’t make financial sense to continue to work.

Residency and fellowship prepare us to become good doctors and good surgeons but what they don’t prepare us for is how to build and
Read the full article here.

- Our department chairman, William N. Levine, MD, has been named a director-elect of the American Board of Orthopaedic Surgery, the certifying board for orthopedic surgeons in the United States. To learn more about the ABOS, click here.

- Dr. Levine was also named the incoming Editor-in-Chief for the Journal of the American Academy of Surgeons, effective January 1, 2015. JAAOS is the #1 clinical review journal of musculoskeletal education in the world. To read the current issue, click here.

- Dr. David Roye, one of our pediatric orthopedic surgeons and Executive Director of the Weinberg Family CP Center, accepted a prestigious mentorship award at the 68th annual meeting of the American Academy for Cerebral Palsy and Development Medicine (AACPDM). Read the program from the AACPDM’s meeting here.

Giving Back

Your generosity will help advance our mission to provide the highest-quality patient care, conduct cutting-edge research, and train the next generation of leading orthopedic surgeons. To make a donation, click here.

maintain a practice while simultaneously raising a family. When I was a resident, I never really thought of myself as a 'female orthopedic surgeon' – I thought of myself simply as an orthopedic surgeon. What I realized a short 2 years after I completed my training was that the hardest part about my career would be how to balance it with family. Being a working mom is challenging whether you are a surgeon or not. All working moms struggle with how to balance things and I am no exception. I put my research on hold for almost 6 years while my children were very little. I was able to continue to have a busy and focused practice but couldn’t fit in the research without giving up important family time. Everyone chooses for themselves which will give - work or family - and that choice is very personal. I have found that it truly does ‘take a village’ in order to be able to pursue my academic goals in addition to my practice and I am very lucky to have great support. I don’t think there is ever true balance, it’s just a matter of what degree of imbalance we are willing to accept. My goal is that throughout my career the scale will have tipped in both directions, at different times, allowing me to achieve a sense of fulfillment from both family and career.

As more women enter the field it is important for them to have role models and mentors so they can see that the combination of family and work is very doable. I have enjoyed and continue to get great satisfaction from seeing more and more young women thinking about entering this field and helping them through the process just as I was helped along the way.

Levine: What message would you send to the current residents at NYOH/Columbia?

Shubin Stein: I believe that life is about the process and so it is important to enjoy the process itself and not just aim for the finish line. I was lucky enough to have great mentors at NYOH and during my fellowship and I realize now, how important those connections are. I don’t know if I knew at the time that they were ‘mentors’ but I learned an incredible amount about who I wanted to be as an orthopedic surgeon by watching and emulating them. I would also strongly recommend that residents begin to look for a field to focus on, even within their subspecialty, as it enables them to develop a niche which is a very powerful tool in this day and age.

Would you like to nominate someone to feature in our next issue? Tell us! Contact Kathryn Gerlach at 212-305-5974 or kg2594@columbia.edu

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